



Kingsport Senior Center News

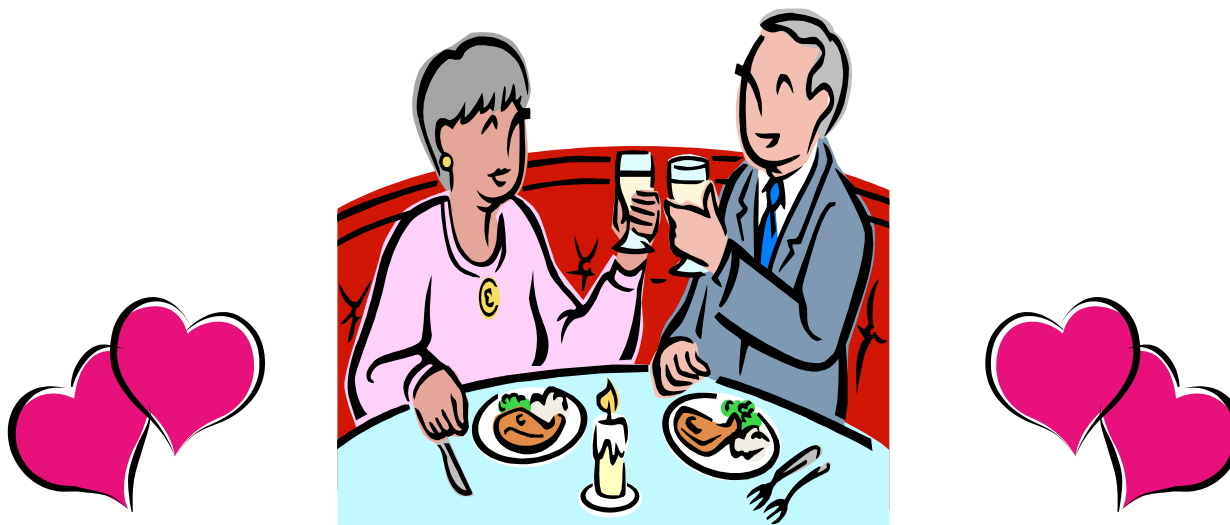
February 2011

Volume XX Edition 2

**1200 East Center Street Kingsport,
Tennessee 37660**

Come and Enjoy a Romantic Candlelight Dinner to Celebrate Valentine's Day!

Join us on Tuesday, February 15, 2011 for a delicious candlelight dinner complete with romantic background music. The menu includes chicken kebabs with pineapple sauce, baked potatoes, garden salad, garlic bread and red velvet or strawberry cake. The event will be catered by Sugar and Spice Catering. The fee for the dinner is \$10 per person and tickets will go on sale January, 14, 2011.



Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund

**The Kingsport Senior Center is located at
1200 E. Center Street at the Renaissance Center.**

**For more information call the Center at (423) 392-8400
<http://seniors.kingsporttn.gov>**

Center Hours

**Monday thru Friday 8:00 am ~ 7:00 pm
Saturday 9:00 am ~ Noon**

***The exercise room & computer lab will close
15 minutes prior to the closing of the Center.**

Membership dues

For Fiscal year

July 1, 2010-June 30, 2011

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out-of-County Residents

Advisory Council Meeting
Thursday, February 17, 2011
12:30 p.m.
Room: 230

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
buchanans@ci.kingsport.tn.us
392-8403

Branch Coordinator
Cindy Price
price@ci.kingsport.tn.us
392-8402

Program Leader
Michelle Tolbert
tolbert@ci.kingsport.tn.us
392-8404

Wellness Coordinator ~ Kevin Lytle
lytle@ci.kingsport.tn.us
392-8407

Program Leader
Marlana Williams
williamsm@ci.kingsport.tn.us
423-392-8405

Secretary ~ Marsha Mullins
mullins@ci.kingsport.tn.us
392-8400

Office Assistant ~ Laura Broyles
laurabroyles@kingsporttn.gov
392-5942

Program Assistant ~ Cameron Waldon
waldon@ci.kingsport.tn.us
392-8406

Program Assistant ~ Jane Whitson
janewhitson@kingsporttn.gov
392-8406

Nutrition Site Manager ~ Sona Bingham
246-8060

INCLEMENT WEATHER SCHEDULE

The Kingsport Senior Center will follow the Kingsport city school schedule for inclement weather. This means if a snow schedule occurs, the center will delay their opening, or if the schools are closed for inclement weather, the center will be closed for **all** activities. In the event of ice or snow occurring during the day, the center reserves the right to close early.

WELLNESS

WELLNESS SEMINARS

Nutrition & Diabetes: Nancy Crider, LPC with Rural Health Consortium will be at the Center on **Thursday, February 10, 2011** in the Card Room from 10:00 am to 11:30 am. Topic of discussion will be "Nutrition and How it Affects your Health". This will be very good educational seminar, so be sure to mark your calendar. All members are invited to attend, and we do hope to see you there.

TOURNAMENTS

Shuffleboard Tournament: We invite all shuffleboard players to show off your skill on **Wednesday, February 16, 2011** at 9:30 am. Cost is \$2.00 per person due the day of the tournament. We will need a minimum of 12 to sign up for the tournament to be played. This tournament will be doubles play, best of three games with doubles elimination. Stop by the office and sign up.

FIT TEST

We will be doing a fitness test on **Wednesday, March 23, 2011** from 9:00 am to 10:00 am in Kevin's office. We will test Body Fat%, Flexibility, Strength, and Weight using the 350 Body Composition Analyzer. Also your blood pressure will be taken. If you plan to participate in this event see Kevin to fill out some paper work and sign up for the test, starting on Wednesday, February 23, 2011. All members are invited and we hope to see you there.

Fiber First

Try eating fruit before each meal. A recent Penn State University study found that people who ate an apple before a meal took in 187 fewer calories than those who didn't snack beforehand.
WHY: Fibrous foods such as fruit require more chewing and slow your body's absorption of nutrients making you feel as if you've eaten more.

Does Foaming Soap Kill More Germs than Liquid or Solid Soap Does?

Ridding your paws of germs is more about elbow grease than your choice of soap. "The purpose of soap isn't to kill germs, but to remove them by friction," says Elaine Larson, R.N., Ph.D., director of Columbia University's center for interdisciplinary research to reduce antimicrobial resistance. (Antibacterial soap can kill germs; however, doctors don't recommend it for at-home use because of the risk that the surviving bugs may mutate into an antibiotic-resistant strain.) If you want squeaky clean hands, upgrade your washing technique. Wet your hands and lather the soap by rubbing thoroughly; palm, between your fingers, and on the backs of your hands. Then, before you rinse, rub your fingertips into the suds on your palms; your fingernails are the biggest biological hot spots on your hands. The whole process should take at least 20 seconds.

Big Plans, Small Stomach

Ignore the scale, but check the calendar: ***Focusing on long - term benefits can lead to healthier behaviors***, like eating breakfast and exercising, new research for Kansas State University suggests. Scientists found that people with healthy habits tend to prefer future rewards over immediate ones. Some of us tend to do this naturally, but the practice may come more easily as we grow older. Try this: when you wake up in the morning, think about your prospects for conditions like obesity and diabetes, and how weight loss will reduce your risk. See if that makes it easier to eat smart and stay active.

Elliptical Reasoning

Elliptical machines are not just for injury rehab, or reading, or wimps. ***Exercising on an elliptical trainer burns as many calories as running on a treadmill at the same level of effort***, a new study from the University of Nebraska found. Oxygen consumption was also equivalent on both machines, but people's average heart rates were higher on the elliptical, possibly due to the newness of the motion, says study author Greg Brown, Ph.D., FACSM. To keep your body guessing, Alternate between the two.

ASPIRIN

If you're on aspirin therapy, check with your doctor before taking any supplements. For example, paring aspirin with vitamin E or niacin may increase your risk of stomach bleeding and exacerbate stomach pain, an 2010 review in Annuals of Pharmacotherapy reports. Aspirin can also worsen side effects from vitamin C, such as nausea and stomach damage.

Daily Activities and Classes at the Center

Monday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Quilting ~ 9:00 ~ Room 303
Camera Club ~ Go to www.scphotogroup.com
Happy Day Singers ~ 9:45 ~ Travel
Clay, Beginning Throwing ~ 10:00 ~ Ceramics/Clay Room
Strength Training ~ 10:15 ~ Gym
Table Tennis ~ 1:00 ~ Gym
Knitting ~ 1:00 ~ Room 303
Volleyball ~ 4:00 ~ Gym

Tuesday ~

Tai-chi ~ 8:30 ~ Room 310
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Basket weaving ~ 9:30-11:30, 12:00-2:00 Room 303
Strength Training ~ 9:30 ~ Gym
Renaissance Strings ~ 10:00 ~ Multipurpose Room
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Dulcimer (Beginning) ~ 11:00 ~ Multipurpose Room
Good Neighbors ~ 12:15 ~ Lounge
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Pickleball ~ 1:00 ~ Gym
Piano Lessons ~ 1:30 ~ Multipurpose Room
Basketball ~ 4:00 ~ Gym
Karaoke ~ (3rd Tuesday) 4:00 ~ Cafeteria
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Clay, Intermediate & Advanced ~ 9:00 ~ Ceramics/Clay Room
Strength Training ~ 10:15 ~ Gym
Laughter Yoga ~ 11:00 ~ Multipurpose room
Intermediate Clogging ~ 11:15 ~ Room 302
Hand and Foot Card Game ~ 12:30 ~ Card Room
Table Tennis ~ 1:00 ~ Gym
Belly Dance ~ (Women's Only) ~ 1:30 ~ Room 302

Thursday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room
Tai-chi ~ 8:30 ~ Room 310
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Woodcarving ~ 9:00 ~ Room 303
Strength Training ~ 9:30 ~ Gym
Beginning Clogging ~ 10:00 ~ Room 302
Exercise for Everybody ~ 10:30 ~ Gym
Beginning Belly Dance ~ 11:30 ~ Room 302 (Women Only)
Good Neighbors ~ 12:15 ~ Lounge
Volleyball ~ 1:00 ~ Gym
Pickleball ~ 4:00 ~ Gym
Ballroom Dance ~ 5:30 ~ Cafeteria

Friday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
Massage Therapy ~ 9:45 ~ Multipurpose Room
Beginning Spanish ~ 10:00 ~ Room TBA
Strength Training ~ 10:15 ~ Gym
Pickleball ~ 1:00 ~ Gym
Bridge Group ~ 1:00 Card Room
Art Class ~ Painting ~ 2:00-4:00 ~ Room 303

Saturday ~

Basketball ~ 9:00 ~ Gym
Harmonica ~ 9:00 ~ Lounge
French Class ~ 9:00am ~ Card Room
Table Tennis ~ 10:30am ~ Gym



TRAVEL AND SPECIAL EVENTS

Information Seminar on Kingsport Alliance for Continued Learning ~ Tuesday, February 1, 2011 ~ 12:15pm. Cost: FREE. Light refreshments will be served. **No sign up required.**

"Passing on your History" with Author Lisa Hall ~ Thursday, February 3, 2011 ~ 12:15 pm. Cost: FREE. Light Refreshments will be served. This program includes oral history and scrapbooking. Sign-up began: January 7, 2011.

Souper Bowl Lunch ~ Thursday, February 3, 2011 ~ 11:30 a.m.-1:00 p.m. Bring crock pot of soup to be judged. Location: Room 310. **Sign-up begins:** January 17, 2011.

TN Men Vols vs. Alabama ~ Thompson Boling Arena, Knoxville, TN ~ Saturday, February 5, 2011 ~ Departs at 12:30 p.m. Returns at 9:00 p.m. Cost: \$24.00. Lunch on your own at Calhoun's. Only a few spaces available.

Bays Mountain Park Presentation, presented by Rob Cole ~ Tuesday, February 8, 2011 ~ 12:15p.m. ~ Location: Atrium. Cost: FREE. Light refreshments will be served. **No sign-up required.**

Out-to-Lunch-Bunch~ Macado's, Bristol, TN ~ Friday, February 11, 2011 ~ Departs at 10:30 a.m. Returns by 3:00 p.m. Cost: \$2.00 at sign-up. Lunch is on your own. Sign-ups began: January 7th, 2011.

Did You Know....How to Save Money on your Phone Bill Seminar, TN Regulatory Authority ~ Thursday, February 17, 2011 ~ 10:15 a.m.- 11:15 a.m. Location: Card room. 2nd time and location: Lynn View Community Center. 1:00 p.m.—2:00 p.m. Free refreshments. Cost: Free. Sign-up begins February 1, 2011.

Widowed Persons Support Group Meeting ~ "Reach Out and Touch Someone" ~ Thursday, February 17, 2011 ~ 1:00 p.m. to 2:00p.m. ~ Location: Multipurpose room. Walk-ins welcome.

AARP Safe Driving ~ Wednesday, February 23, 2011 & Friday, February 25, 2011 ~ 9:00 a.m. to 1:00 p.m. Location: Room 230. Instructor: Jim Snodgrass. Cost: \$12 AARP members/\$14 non-AARP members. **Sign up begins:** January 18, 2011.

How to Prevent Scams Seminar~ Thursday, February 24, 2011 ~ 10:00 a.m. to 11:00 a.m. Cost: Free. Location: Room 230 . **Sign-up begins:** February 1, 2011.

Potting 201 Workshop ~ Wednesday, February 24, 2011 ~ 10:00 a.m.- 11:30 a.m. Location: Card room. Cost: \$5.00 paid to instructor. **No sign-up required.**

Wohlfahrt Haus, Wytheville, VA— "Smoke on the Mountain" Thursday, March 3, 2011 ~ Departs at 9:45 a.m. Returns by 6:00 p.m. Cost: \$41.00 (transportation/ticket). **Sign-up begins:** January 24, 2011.

"Unheard Cries" ~ Video Presentation ~ Thursday March 3, 2011 ~ 12:15 a.m. Seminar will help participants understand the signs of elderly abuse, neglect, and financial exploitation . Cost: FREE. Location: Card room. **No sign up required.**

"The Silver Whistle" ~ Cumberland Playhouse, Crossville, TN ~ Friday, March 4, 2011 ~ Departs at 9:30 a.m. Returns by 8:00 p.m. Cost: \$28.00 (Includes transportation and ticket). Lunch is on your own . A warm and funny comedy by Robert McEnroe, about the folks in a church retirement community, who are confused, then rejuvenated by a newcomer who says he's 77 but looks much younger. He claims to have a youth potion! Directed on Broadway by Paul Crabtree, one of his first choices for his new Playhouse in '66. Don't delay! It sold out in '99! **Sign-up begins: February 4, 2011.**

Purdue Varsity Glee Club (Night Performance) ~ Niswonger Performing Arts Center, Greeneville, TN ~ Friday March, 11, 2011 ~ Departs at 6:00 p.m. Returns at 10:30 p.m. Cost: \$5.00 for bus transportation, \$12.75 for ticket. **Sign up begins: February 9, 2011.**

Barter Theatre ~ Stage II ~ "Age of Arousal" ~ Lunch at Ruby Tuesday ~ Thursday, March 17, 2011 ~ Departs at 10:30 a.m. Returns at approximately 5:30. p.m. Cost: \$25.00 for ticket and transportation. Lunch is on your own. **Sign up begins: February 4, 2011.**

Out-To-Lunch-Bunch ~ The Log House 1776, Wytheville, VA ~ Friday March 18, 2011 ~ Departs at 9:00 a.m. Returns at 4:30 p.m. Cost: \$5:00. Lunch is on your own. **Sign up begins February 4, 2011**

Shopping ~ Bass Pro Shops Outdoor World , Pigeon Forge Exit ~ Lunch at Uncle Buck's Grill located inside ~ Thursday, March 31, 2011 ~ Departs at 10:00 a.m. Returns by 5:00 p.m. Cost: \$5.00 transportation fee and lunch is on your own. Menu available in office. Bass Pro Shop is known for its wide selection of hunting, fishing, and other outdoor gear. There is a large indoor fish tank and in-store activities. The various departments include: shoes, ladies clothing, gifts, hobbies, kids, home, camping, hunting and fishing. **Sign up begins: February 18, 2011.**



NEWS TO USE

Friends of the Kingsport Center:

If you are looking for the perfect gift or memorial, a donation to the Friends of the Kingsport Senior Center should be on the top of your list. Your donation helps to support programs at the KSC that are not in the budget from the city. Items such as new computers and exercise equipment can be purchased with the help of your donation. Plus, it is a tax deductible 501c3 organization. So, if you need to find a gift for someone who has everything or you want to plan a memorial for someone special, you might consider a donation to Friends of the Kingsport Senior Center.

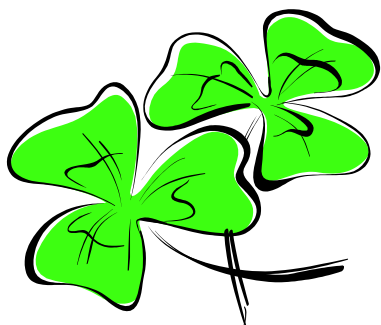
We are always looking for people who are interested in helping the Kingsport Senior Center and through Friends, you can be one of those people. Donations, of any amount, are always appreciated and the public is welcome to attend our meetings to see what we are doing for the Center. If you are interested in becoming a member of the board, please contact us.

Happy New Year!

Angela Price,
President of the Friends of the Kingsport Senior Center

Do you know what a Penny Whistle Is ??

Come and find out at our St. Patrick's Day Party on March 17, 2011. Hear the demonstration and sign up for lessons with Martha Egan, music and history teacher. For anyone who is interested in the history of Irish music, we will be having a six weeks series beginning the week of April 11, 2011. If interested, please sign up in the office of the Kingsport Senior Center.



A TASTY TREAT FROM MARSHA

SWISS CHICKEN ROLLS

2 boneless skinless chicken breast halves (5 ounces each)

2 slices Swiss cheese (3/4 ounce each)

2 thin slices prosciutto or deli ham

1 tablespoon butter

1 tablespoon olive oil

1/4 cup chopped onion

1 small garlic clove, minced

1 teaspoon all-purpose flour

1/3 cup Marsala wine or chicken broth

2 teaspoons minced fresh parsley

1 teaspoon minced fresh rosemary or 1/4 teaspoon dried rosemary, crushed

1 teaspoon minced fresh thyme or 1/4 teaspoon dried thyme

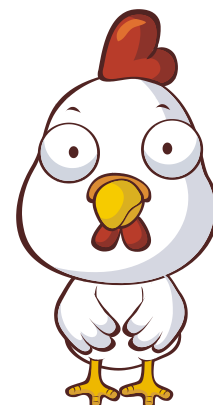
Dash salt

Dash pepper

Flatten chicken to 1/4 inch thickness; place one cheese and prosciutto slice down the center of each. Roll up jelly-roll style, starting with the short side; secure with toothpicks.

In a small skillet brown chicken in butter and oil on all sides; transfer to an 8 inch square baking dish coated with cooking spray. Cover and bake at 350 degrees for 20-25 minute or until chicken juices run clear.

Meanwhile, in the same skillet, sauté onion and garlic until tender. Stir in flour until blended; gradually add wine. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in the remaining ingredients. Discard toothpicks from chicken rolls; serve with sauce. Makes 2 servings.



Your Page

From the Dancing Corner

I hope you enjoyed our "Ugly Sweater Dance" on January 14 and look forward to another theme dance in February. After the bitter, icy January it would be nice to think "carnations and roses!" Our February theme dance will be Red and White, appropriate for upcoming Valentine's Day. If you feel like it, come dressed in red or white and be one of the bright spots on the dance floor. Otherwise, you can come in whatever you like, it's your choice.

The band is one of your favorites: The Mailmen! Jerry Hanger is a guitar player, lead singer and song writer. A lot of us enjoy one of his songs he wrote, about a girl he used to date who made a mess of his home and totaled his car. You never know exactly when he might perform that song again, but if you ask, he will usually comply. One thing is for sure: Jerry and his band always deliver and give us a great evening.

So, come out and join us for an evening of fun and entertainment, and of course, a great night of dancing.

February Dance with Live Music from The Mailmen Band

Friday, February 11, 2011, 7:00PM - 10:00PM

Rascal's Teen Center

125 Cumberland Street, Kingsport, TN

Cost: \$5.00 per person. Please bring a dessert or snack to share.

****Volunteers Needed****

The Kingsport Senior Center is beginning a Fire Prevention and Fall Prevention initiative with the Kingsport Fire Department. We are looking for a few Volunteers who are willing to be trained to give the presentation to home - bound seniors. The requirement will be to give 5 presentations over the next 12 months.

Presentations take approximately 30 minutes. If you are interested please contact Cindy Price for more information at 392-8402

1 Hour Manicures

Provided by DB
Cosmetology
students

Cost: \$2.00, paid to
manicurist

February 8th Time: 11:30 a.m.
last appointment at 1:30 p.m.
Please sign-up in the office.

Just for Singles Fun Dinner

Thursday, February 10, 2011

Time: 3:00 p.m. to 5:00 p.m.

Where: TBA, ask in the office

Sign-ups recommended, walk-ins welcome!

Library Book Day

Thursday, February 17, 2011

Time: 9-11 a.m.

Table in front of the senior center office.

Massage Therapy Appointments

Fridays with Debra Defrieze

30 minute massage \$15.00,

call (423)791-4693

AND

Every other Tuesday with Kirsty Zahnke, BSc, CMT

call (276) 870-2396 , 1 hour massage \$50.00

Schedule appointments by calling and pay massage therapist day of appointment.

Generations Online Internet Class

Mondays, Wednesdays and Fridays

1:00 p.m. to 5:00 p.m.

This is an opportunity to learn how to use the internet, the lingo, how to use a mouse, send email and how to use a search engine. Class is free. Sessions are taught by a tutorial on the computer. A "peer coach" will be there to assist you. See "peer coach" during designated times to make arrangements to take class.

In Loving Memory of Mr. B.L. Wilder

4/21/1934 - 12/27/2010



B.L. Wilder, our woodshop master craftsman, passed away suddenly on December 27, 2010. B.L. worked with the city school's Adult Education program along with the Senior Center for 21 years. He worked exclusively at the Senior Center an additional 4 years. Together with senior members he has made over 1,000 dulcimers in the woodshop along with many other great projects. A man of many talents, B.L. was an accomplished musician with the ability to play several instruments by ear. He was loved by members, by staff and by everyone who met him. He will be greatly missed.



Kingsport

Adult Education

Spring 2011

Classes begin the week of January 10, 2011 unless otherwise noted.

Kingsport Adult education classes are administered by The Kingsport Senior Center.

For more information or to sign up for a class, please Call 423-392-8400

All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.

JOB SKILLS

Beginning Computer Literacy

- 6 Weeks
- \$70 fee
- Mondays 6:00pm - 8:00pm
- Instructor: Marie Kinchloe
- Tuesdays 6:00 - 8:00pm Begins 3/3/11
- Location: Computer Lab, Lynn View CC

2008 National Electric Code

(Residential Services and grounding)

- 8 Weeks
- \$70 fee
- Mondays 6:00 - 8:00pm
- Instructor: Chris Ferrell, Electrical Inspector
- Begins 01/17/11

One Day Computer Workshops

- Internet Job Searches 3/10/11
- Social Media (Facebook) 3/17/11
- Online Health Information 3/24/11
- Digital Scrapbooking 3/31/11
- \$5 fee each session, begins at 5:30pm
- Instructor: Janelle Galbreath

Beginning Heating Ventilation and Air

Conditioning Certification

Preparation

- 10 Weeks
- \$165
- Tuesdays 6:00pm - 9:00pm
- Instructor: Jim Dotson
- Location: Multipurpose Room, Renaissance Center
- There will be 2 more 10 week sessions following this class. Upon completion of all three sessions you will be prepared to take your certification test.

CULTURAL/ARTS/CRAFTS

Card Making Workshop

- Thursday, January 27, 2011
- 5:30pm
- Instructor: Vicki Patton
- Fee: \$10/includes materials
- Location: Lynn View Community Center

Introduction to Woodworking

- 5 Weeks
- \$50 fee, \$25 Senior Center members
- Mondays 5:30pm - 7:30pm Begins 3/14/11
- Location: Woodshop Renaissance Center

Building Birdhouses (your choice of Bluebird or Martin)

- Must take Introduction to Woodworking first or have permission from instructor
- 5 weeks
- \$50 fee, \$25 Senior Center members
- Mondays 5:30 - 7:30pm, Begins 4/4/11
- Location: Woodshop Renaissance Center

Chinese

- 11 weeks Fridays
- \$55 student, \$75 student w/parent
- Class 1: Children ages 4-8 , 4:00pm - 5:00pm Instructor: Hang Lei
- Class 2 8 and up, 4:15 - 5:15pm , Instructor: Jean Chang
- Location: Renaissance Center, Room TBA
- This class will help both Chinese and non-Chinese descent people foster a deeper understanding of the Chinese culture.

French Begins Saturday, January 8th

- Saturdays
- Time: 9:00am
- Location: Card Room
- Cost: \$30, please pay instructor, Fay Saffari

HEALTH/EXERCISE

Personal Training with Chris or Tony

- Instructor: Chris Hicks /Tony Mays
- Available by the hour or as package
- Contact Chris (423-741-5643) or Tony (423—963-0653)

Zumba Fitness

6 weeks

- Session I -1/13/11 Thursdays
- Session II- 3/3/11
- \$25 fee per session
- Instructor: Becky Lifford
- Location: Lynn View Community Center, Cafeteria Time: 5:30 p.m.

Strength Training

6 weeks Begins, January 18th
\$25

Instructor: Chris Hicks

Class 1 - Monday & Wednesday, 4:30

Class 2 - Tuesday & Thursday, 5:30

Location: Lynn View Community Center

Water Aerobics

\$80/ 12 weeks/ Begins January 11th

Tuesday and Thursdays 7:00 a.m.

DB Pool

DANCE CLASSES

Beginning Line Dance

- 8 weeks
- Session I - 2/17/11
- \$25 fee
- Instructor: Lyna Faye McConnell
- Thursdays, 6:30pm - 7:30pm
- Location: Lynn Garden Community Center

Trail Dance

- 8 week class
- Dates same as Line Dance
- \$25 fee or free if you take Line Dance class
- Instructor: Lyna Faye McConnell
- Thursdays, 7:30pm - 8:30pm
- Location: Lynn Garden Community Center

Hula Dance

- 6 week class
- Begin February 8
- \$25
- Tuesdays, 5:30 PM
- Instructor: Tilini Miller
- Location: Renaissance Center

REGISTRATION FORM

Please Print!

Name _____

Address _____

Home Phone _____

Employer _____

Work Phone _____

Course Name _____

Day(s) _____

Mail payment with this form. Make checks payable to "City of Kingsport".

Complete a separate form for each course!

For statistical Purposes only

sex: Male Female

Date of Birth: _____

For Office Use Only:

Amount Paid \$ _____ Receipt # _____

Check or M. O. Number _____

Date _____

Spring 2011 Branch Site Class Schedule

Chinese Yoga

- Mondays
- Time: 8:30am
- Location: Lynn View Community Center
- Cost: \$5 per class, payable to instructor on the first of each month Tai-Chi based low-impact exercises. Slows stress, increases flexibility and strength.

Core Conditioning

- Tuesdays & Thursdays
- Time: 9:30am - 10:30am
- Location: Boys/Girls Club
- Instructor: Chris Hicks
- Great for all ages. Gain core strength.

Lap Swimming

- M-F
- Time: 12:30 - 1:00pm
- Location: Dobyns Bennett pool
- No instructor, lap swimming

Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- MUST WEAR SOFT-SOLED SHOES

Line Dance - Intermediate

- Mondays
- Time: 12:45pm - 1:45pm
- Location: Boys/Girls Club Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.
- MUST WEAR SOFT-SOLED SHOES.

Advanced Yoga

- Tuesdays & Thursdays
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC, Rec. Room
- Instructor: Tish Kashdan

Private Personal training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

Private Personal training with Tony

- Call for appointment ~ 423-9630653
- Call for Prices
- Instructor: Tony Mays

Step Aerobics

- Tuesdays & Thursdays
- Time: 8:30am - 9:30am
- Location: Boys/Girls Club Gymnasium
- Instructor: Chris Hicks
- A 50 – 60 minute workout for all ages and abilities.

Strength Yoga (An alternative style)

- Tuesdays & Thursdays
- Time: 8:30 - 9:30
- Location: First Broad Street UMC
- Instructor: Tony Mays

Tai-Chi (Beginning Level)

- Tuesdays & Thursdays
- Time: 9:45am - 10:45am
- Location: First Broad Street UMC
- Cost: \$15, pay before first class. Lasts 12 weeks.
- Instructor: Hang Lei
- Ancient Chinese deep breathing exercise
- *Must be a Senior Center member*

Yoga

- Tuesdays & Thursdays
- Time: 11:30 - 12:30
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

Zumba Fitness

- Wednesdays (**Begins February 8**)
- Time: 10:30
- Location: Lynn View Community Center
- Instructor: Tony Mays
- Minimum of 8 students required

Water Aerobics

- Tuesdays & Thursdays
- Time: 7:00 AM
- Location: Dobyns-Bennett Pool
- Cost: \$2 per session
- Instructor: Tony Mays

***You must be a member of the Kingsport Senior Center to participate in classes at any of the branch locations.**



Exercise room at Lynn View



Consignment art gallery/gift shop at Lynn View

Look for these upcoming programs in the months ahead

Harrah's Casino
Omega Challenge
Alternative Housing Fair
Out Lunch Bunch to new and
exciting places
Learn about SALT Council
Bright's Zoo
Dance Extravaganza
Trunk Sale
Ramsey House Plantation Tour
And many more.....

4th Annual Dog Show

The Kingsport Senior Center 4th Annual Dog Show will be held on Tuesday, February 22, 2011 at 10:00 a.m. Join the fun and please bring an item to be donated to the animal shelter such as food, bleach or treats. Sign-up will be for competitors on the day of show. Pets will be available for adoption from the animal shelter. Dogs must be current on vaccinations.

9:30a.m. to 10:00a.m. ~ Registration

10:00a.m. ~ Show Begins



**Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
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